

# The Messenger

I love creating the newsletter. I especially love it when I have lots of things to share with people. Not just stories but things that are going on in OA. There are so many things coming up and it's so exciting. I think building a strong community will help our groups in Winnipeg which will be good for attracting newcomers. It's wonderful to see people getting creative on things we can do as a group, ways to support OA, and seeing people active in service at all levels. Intergroup is working on getting stronger and looking for people for positions and there are committees looking for some help. It is a great way to give service without giving up lots of your time. It's a great way to meet new people and share your ideas. Ask your group rep about what positions are available.

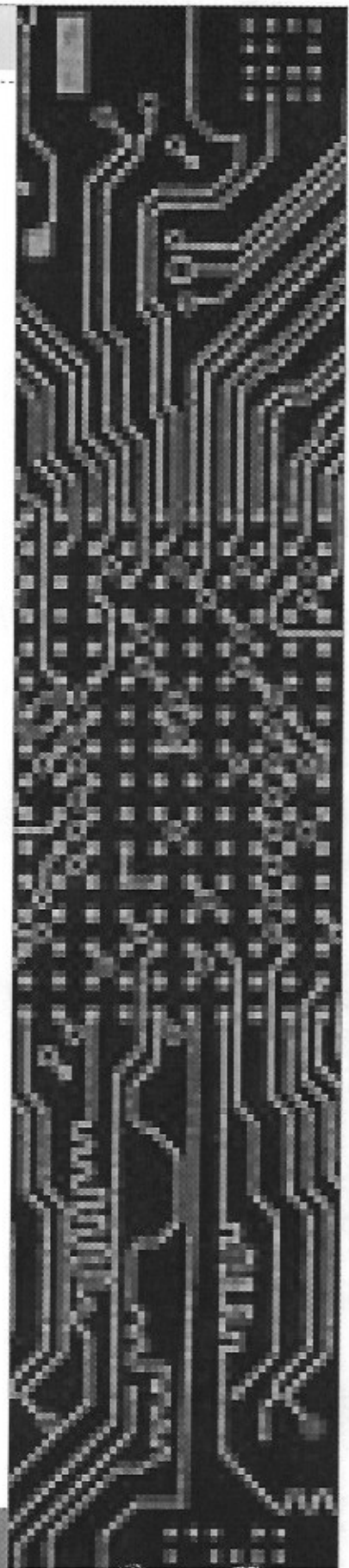
Here in Winnipeg, OA has jumped into the 21 century. That's right we have gone high tech!! Thanks to Christina. We have a great web site that has all kinds of info on it. It has all the upcoming events, newsletters and meeting listings. It is a great way to get the message out and bring more people to OA. It is also growing so check in on it every now and again to see what has been added.

Also, we are on Facebook!!! That's right in case you haven't heard we have a Facebook page. Thanks to Lori V. (Who is also looking for volunteers to help run it.) It too keeps us up to date on all the activities in OA as well as stories and some stuff to make you think and laugh.

Go and take a look at both. Sign up to be friends with other members to help build a stronger community here in Winnipeg.

**OA website <http://oaheartofcanada.ca>**

**[www.facebook.com/OAMANITOBA](http://www.facebook.com/OAMANITOBA)**





## BLESSINGS

On my wrist there is a tattoo that says "Truly blessed". For me that is so true. To be honest there are days that I don't always feel like it but I know it is true. I have lots of blessing. I have had some dark times in my life and often feel anxiety and fear but I know that there are so many others who have it worse than me. This program has taught me to not only know what I am blessed but to say it out loud. When I am feeling anxious I will

calm myself down by actually listing all the things and people that make me blessed. I am always so surprised and how long the list is and how much better I feel after I have said it. So I challenge you to list all your blessings. I think you will be very surprised about how good it makes you feel!!

Nikki A

*So very thankful!!! Incredibly blessed!!! Unbelievably grateful!!!*

### Lifeline article:

I wrote this letter to myself sometime in the past to help me stop bingeing. I would like to share it with Lifeline.

- Choose life, not food.
- Bingeing—*Stop!*
- You're worth more.
- It doesn't fix me—it makes me unhappy.
- It makes my life unmanageable.
- It messes up my life.
- It takes away my happiness.
- *Don't do it!*
- Bingeing takes away from me.
- It steals from me.
- It produces sadness, fatigue and confused thinking.
- *If you put rubbish in, you get rubbish out!*
- Concentrate on your relationship with manageability, with your feelings.
- If you indulge, it will take away your shine.

## FUNDRAISING

Hello everyone,

When I volunteered to take on this job as Chair of the Fundraising Committee, I had no idea of how difficult it would turn out to be. With no information or resources, I was starting off with zilch. But I am happy to say that not only do I have some volunteers now, we actually have plans coming up. We also have information on what we can and can not do (Water bottles? What was I thinking?) **THANK YOU** to the many people that have helped me through this process, especially Region 4 and my OA friends.

What the Fundraising Committee does is raise funds for the World Service Representative at Intergroup. Our groups do collect for the WSR but it does not raise enough funds for the expenses that the WSR incurs through the year. That's where we come in.

We try to do fundraising that is fun and hopefully profitable for WSR. The key chains worked out really well but the bottles were a bust. So now that I have a couple of others on the committee, we are thinking of other ways to fundraise. This is what we are doing and have done so far this year.

**1) Friends and Fellowship Potluck picnic – We made \$57.**

**2) Garage Sale – cancelled**

We will also have a Fundraising Table. We will have crafts, second hand OA literature and second hand items. If anyone has anything to donate to the Fundraising Committee, please contact **Pat P** at 204-255-5239, [Pperreon316@gmail.com](mailto:Pperreon316@gmail.com) or **Lori V.** at 204 583 0050(text), [Queenloriv5@outlook.com](mailto:Queenloriv5@outlook.com)

## OA Winnipeg Fall Conference 2018

# BACK TO THE BEGINNING

First Step First, The Big Book Way

Good News Fellowship, 891 St Mary's Rd., Winnipeg, Manitoba

*An Earth-friendly venue, so please bring your own mug and a trash-free lunch.*

Friday, Sept. 28, 2018 - Registration opens at 6pm.

Conference 7 - 9pm.

Saturday, Sept. 29, 2018 - Registration opens at 8:30am.

Conference 9am - 4pm.

Literature, inspirational crafts, & silent auction tables will be set up both days.

If you can give service at the conference (set up, at tables, etc.) please let your group rep know or email [oaconferencewpg@gmail.com](mailto:oaconferencewpg@gmail.com).

## Summers End Potluck Picnic

10 Kennington Bay

August 25, 2018

5 - 9 pm

Please bring an abstinent meal to share with a list of ingredients. OA members and their families are invited.

**NO NUTS OR SEEDS PLEASE** due to life threatening allergies.

Coffee, tea and water will be served otherwise bring your own beverage.

Donation of \$5 is suggested but no one will be turned away. Please RSVP Lori at 204 5830050(text)

## CONTINUE OF ARTICLE

- Concentrate on what you're building; every time you say "no," you grow stronger and shinier.
- Bingeing and overeating steal from you.
- They take away recovery and replace it with *dis-ease*.
- Work through the feelings you have now, do your food plan, call your sponsor, read some OA literature, do your morning readings, call a newcomer and *pray* . . .
- Work through the sadness and unmanageability, stay focused, get back on track by reaching out, use the OA Fellowship and be honest.
- You are a compulsive overeater.
- Go through the darkness.
- It's not about weight.
- Realize freedom exists at the end of this difficult time.
- Go to any lengths to not binge or overeat.
- When the madness comes, read this: It gets worse.
- *The manageable life God has given you will slip away if you choose food. Choose life!! The cravings will pass. I can do this, one day at a time. Today I can abstain from compulsive overeating.*

— Emma S., England

*Lifeline March/April 2012*

Fall  
Conference  
2018  
Raffle

This year at the conference we will sell raffle tickets. The winner will have a free weekend entry to the conference and a free water bottle. One ticket - \$2, three tickets - \$5 The tickets will be sold at the conference only.

FUNDRAISING

FUNraising games night

It is still in planning stage and posters are in the works. We will be having a fun night with board and card games and a 50/50 draw. We will be having it on October 13. Doors will be open at 6:30. Games will start around 7pm. You can bring your own game is you wish. There will be an assort-

ment of games there. Address will be on the posters. This will be for OA Members only.



HAPPY, JOYOUS AND FREE

I have been wondering for quite a while what to write for the newsletter. There were so many different things I could think of that I didn't know what to pick. With the difficulties I have seen that OA has been having, I decided to tell you of mine.

It has not been easy for me since joining OA. If I knew that I would have gone through this much insanity when I first joined, I do not think that I would of. I had no idea that my past had that much control on my compulsive overeating. After last year's conference, I had realized how much my past had affected me and almost had a mental breakdown. I had to see a counsellor to work on my issues and defects. She gave me homework to do at home and told me at no means should I miss any of my meetings. Some of the homework she gave me was the same as what we do in OA. Meditation and journaling! Something that I wasn't doing very much of but now I had to.

My HP was helping me and I didn't even know it. Every time I did something I was supposed to do, my mind would clear slowly. I could hear my Higher Power more. I realized he was sending me messages to help me better myself. Every time I went to a meeting and we read the Big Book, something would hit me. Things made more sense. I had realized that even though I was in recovery, my compulsive overeating brain would sometimes be able to play nasty games in my head, causing my day to get worse. Why? Because I found out at a meeting that I was being selfish and self-centred. We read from the Big Book "Selfishness - self-centredness! That, we think, is the root of our troubles, Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate." I realized then and there that my HP had sent me a message. I had become selfish because of my food and it spiralled down from there, making my brain a mess.



## HAPPY, JOYOUS AND FREE CONTINUE...

Now I can see clearer than before thanks to my HP, my counsellor and OA. My HP sends me messages often. I do not know if I hear him every day, but I try. I am working my program even more than I did before. I still meditate and now pray every day. I go through my steps more than ever to see if I am resentful or owe an apology to anyone. I even work with my sponsor more than ever.

I do get my lazy days and think I can skip a day. That's when my HP shows me what can happen when I don't and kicks me in the butt. That's my selfish side again pulling the wool over my eyes. You would think I would stop that by now. Nope! Because I am a compulsive overeater!

I am so grateful for this program. I have made lots of friends. I enjoy the fellowship it brings. It has provided me with lots of different service opportunities that I enjoy. But most of all, I am so grateful for the abstinence, recovery, weight loss, sanity and serenity. I now feel happy, joyous and free! Thank you OA!

Lori V.

HAPPY  
JOYOUS  
FREE ♥

**There is always something to be thankful for.**

### TRADITION 4

It would be difficult to point to a Tradition that is more responsible for the cohesiveness of OA and other Twelve-Step groups than Tradition Four. In the same way that each OA fellow must find his or her own plan of eating and must work the Steps for him or herself, OA groups are responsible for running their own meetings. If any two people are meeting to study and practice the OA Twelve Steps and Twelve Traditions and if any fellow compulsive overeaters are welcome to attend, they constitute a meeting. (The *OA Handbook for Members, Groups and Service Bodies* is a helpful reference on how to run an OA meeting.) Within those broad parameters, OA groups can conduct their meetings however they like. Of course, the other Traditions and principles inform this autonomy. An OA group might wish to include a particular religious prayer in its meeting. The group could do so, but by taking a position on an outside issue, it would

not be adhering to Tradition Ten. Any member who realized this conflict would have to summon the courage to bring this to the group's attention and ask for a group conscience to honor the Traditions and principles. Imagine if groups were not autonomous. Imagine OA required meetings to serve refreshments or recite a specific chant. If something a meeting does affects no other groups, why should anyone worry about it or have the authority to dictate such a thing? Obviously, they shouldn't—that would be a heap of trouble! Tradition Four is about having the right to decide how to run a meeting, but it's also about responsibility. It's up to us to run our groups; that means our groups are only as strong as we make them. Like working our program, no one else can do this for us.

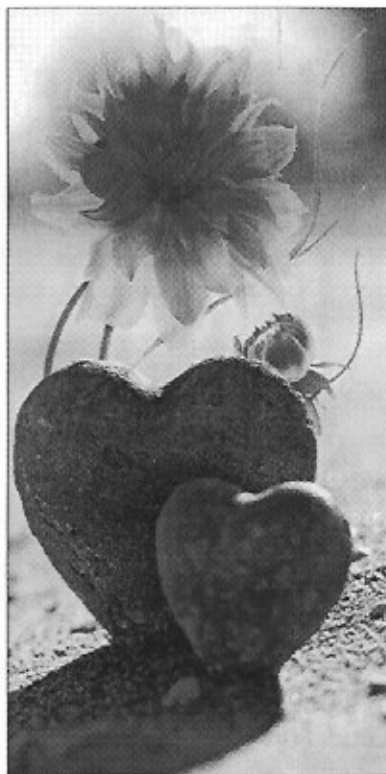
— Edited and reprinted from *Focus on Recovery* newsletter, *Triad Inter-group*, April 2011

### TRADITION 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Responsible  
Autonomy

Autonomous—from the Greek “one who gives oneself his own law.”



### STEP 3

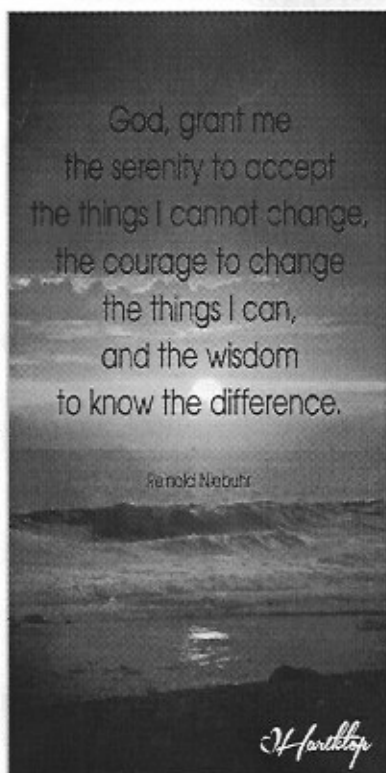
Made a decision to turn our will and  
our lives over to the care of God as  
*we understood Him.*

#### Guaranteed

What if I had a guarantee that everything  
I have been worrying about would be worked out  
in the most perfect way and in the best possible  
time? And in the future, I would be grateful for the  
problem and the solution? And what if I knew that  
all those I love are experiencing exactly what they need to become who  
they're meant to be? Then I would be exactly where God wanted me to  
be, and I would be free to let go and enjoy my life.

That is what it is like when I turn everything over to God!

— Susan L., West Berlin, New Jersey USA Lifeline 2012



God, grant me  
the serenity to accept  
the things I cannot change,  
the courage to change  
the things I can,  
and the wisdom  
to know the difference.

Reinold Niebuhr

*Hartley*

The opinions expressed here are that of the person  
who gave them. Take what you like and leave the  
rest.

Please email me with any story ideas, articles or  
questions you have.

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OA website <http://oaheartofcanada.ca>